



UCOOK

Vilafonté's Mushroom Lasagna

with carrot & NOMU Spanish Rub

Tonight you can look forward to lowering your fork through layers of creamy bechamel sauce, al dente lasagne sheets, & a rich medley of carrot, onion, lentils, & golden mushrooms - all spiced with NOMU Spanish Rub. Covered with a crispy layer of melted mozzarella cheese.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Vilafonté Winery

Veggie



Vilafonté | Seriously Old Dirt 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
120g	Carrot <i>rinse & roughly dice</i>
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
10ml	NOMU Spanish Rub
100ml	Cooked Chopped Tomato
120g	Tinned Lentils <i>drain & rinse</i>
4	Lasagne Sheets
30ml	Cake Flour
100ml	Low Fat UHT Milk
80g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey
Tea Towel

1. TOMATOEY VEGGIES & LENTILS Preheat the oven to 200°C. Bring a pot of salted water to the boil. Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion, the diced carrot, and the sliced mushrooms until turning golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the chopped tomato and 150ml of water. Simmer until thickening, 10-12 minutes. In the final 3-5 minutes, add the rinsed lentils. Remove from the heat, add a sweetener (to taste), and season.

2. BLANCHED LASAGNE When the pot of salted water is boiling, add the lasagne sheets. Cook until al dente, 6-8 minutes (shifting occasionally). Remove from the pot and immediately place in a bowl of cold water. Once cooled, drain on a clean tea towel in a single layer - don't pile them up as they will stick together! Reserve the pasta water.

3. BEGIN THE BECHAMEL Place a pot over medium heat with 30g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out until lightly golden, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens. If the béchamel is too thick for your liking, add the reserved pasta water until saucy consistency. Remove from the heat and season.

4. LAYER UPON LAYER Cover the base of an oven-proof dish in the saucy mushrooms. Top with a layer of the bechamel. Cover with a blanched lasagna sheet. Repeat the layers until all components have been used up, making sure the final layer is saucy. Top with the cheese. Bake in the hot oven until the cheese is melted, 10-12 minutes.

5. LEKKER LASAGNE Dish up a heaping helping of the cheesy mushroom lasagna. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	7.7g
Carbs	18g
of which sugars	3.7g
Fibre	4g
Fat	3.8g
of which saturated	2g
Sodium	152mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days